

Name _____ **Self-Reflection**



Self-Reflection

DIRECTIONS: Reflect on and rate your satisfaction with yourself in each area of your life. Rating scale:

Outstanding

Satisfactory

Needs Work

Some things to consider are:

Work and/or School <ul style="list-style-type: none">• Understanding of what is expected of me• My ability to complete tasks• Getting along with others• Skills development• Specific challenges• Overall satisfaction level	My Rating	Why?
Home <ul style="list-style-type: none">• Understanding of what is expected of me• My ability to complete tasks• Getting along with others• Skills development• Specific challenges• Overall satisfaction level	My Rating	Why?